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1839



THE  
INVALID'S GUIDE  
TO THE  
VIRGINIA HOT SPRINGS:

CONTAINING  
AN ACCOUNT OF THE MEDICAL PROPERTIES OF  
THESE WATERS,

WITH CASES  
ILLUSTRATIVE OF THEIR EFFECTS.

20,130  
COLLECTED AND PUBLISHED BY  
THOMAS GOODE, M. D.,  
THE PRESENT PROPRIETOR.

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## VIRGINIA HOT SPRINGS.

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There are six baths at this place, each supplied with water from a separate spring; they range in temperature from 98 to 106 degrees of heat.

The effects of these waters in disease, prove that they are highly medicated—though they are considered by many as simple hot water. They are known to contain Sulp. and Carb. of Lime; Sulph. Soda and Magnesia; a minute portion of the Muriate of Iron; Carb. acid Gas; Nitrogen Gas, and a trace of Sulphuretted Hydrogen Gas, and when used internally, the consequences are such as we might expect from our knowledge of some of their constituent parts. But the chymical composition of a mineral water, can lead to no safe conclusions as to its full medicinal powers. Its most potent part may be incapable of analysis or destroyed by the process; and its mere properties cannot be developed by analysis; our only sure test is experience—the actual result when applied to the *diseased* human system.

I have been at the Hot Springs for six entire seasons, and have watched their effects on several thousand invalids, with all the interest which ownership could excite ; and the result of my experience is as follows : These waters, taken internally, are anti-acid, mildly aperient and freely diuretic and diaphoretic. But when used as a general bath, their effects are great, and exceed all reasonable expectation. They equalise an unbalanced circulation, and thereby restore to different important parts of the system, when torpid, that natural and peculiar ~~activity~~ <sup>sensitivity</sup>, upon the existence of which, their capacity to perform their several functions, and the beneficial action of all remedies, depend ; they relax contracted tendons, excite the action of the absorbent system ; promote glandular secretion, exert a marked and salutary influence over the whole biliary system, and often relieve, in a short time, excruciating pain caused by palpable and long-standing disease of some vital organ.

The invalid's attention is specially invited to the annexed cases, as illustrative of the sanative effects of these waters, when properly and perseveringly applied.

*Sensitivity*

## CASES,

*Showing the benefits arising from the use of the  
Waters at the Hot Springs.*

April, 1833, I was seized with cholera in a southern climate, from which I had scarcely recovered, when intermittent fever attacked me. This continued at intervals until September, when congestive fever supervened, and continued with much violence for the space of nine days, and only subsided to give place to the intermittent again. From this time a morbid appetite began to prey upon me. The ague alternated with a severe dysentery until March, 1834. Oedematous swellings of the lower extremities made their appearance, but gave way to the use of alteratives and muriated tincture of iron. I became much emaciated and debilitated; my spleen became much enlarged; an excessively morbid condition of the stomach continued; an ungovernable craving for food of the grossest description, and other indigestible substances. In the meantime, an uncontrollable diarrhœa, which has given me more uneasiness than every other symptom, came on. During nearly three years, every article of diet swallowed, would ferment, produce the most distressing cardialgia, and run off from the bowels by profuse watery evacuations. The spleen in the left side, and swelling of the stomach and intestines, was great and

painful. The irritability of the alimentary canal was so great, that the smallest portions of calomel or blue-pill, combined with opiates, would produce an hypercatharsis, sometimes almost fatal; neither food nor medicine agreed with me. In this state of almost despair, I visited the White Sulphur Springs, and finding that the water disagreed with me, inasmuch as it proved too drastic, I determined to visit the Hot Springs. For the first two weeks of using the bath, I was elated with the hope of speedy recovery. In a few hours after using the bath I had a bilious dejection, which had not occurred for eight months. In four days time my diarrhœa ceased, and my evacuations became almost healthy in complexion. I had been very much annoyed with hæmorrhoids for fifteen months, which was relieved by the Spout Bath in three days. The improvement in my complexion was so great, that the visitors would remark, "Why, Doctor, you will soon be well;" my spleen was reduced about one half, the abdominal muscles became relaxed and soft, my strength and activity were much improved, and every symptom seemed to give way to the use of the bath.

A. Y. WATSON, M. D.



Hot Springs, 29th August, 1833.

In the month of January, 1806, during my attendance on the Virginia Legislature, of which I was then a member, I was very sorely afflicted with an attack of inflammatory rheumatism; and about the first of July, in the same year, after the disease had assumed a chronic state, I arrived at the Hot Springs in Virginia, much debilitated, requiring two persons to put me in and take me out of a carriage. I remained at the Springs sixty-three days, using the bath once every day except three. I was weighed the day I got to the Springs, and also on the day I left them; and if I was correctly weighed, I gained sixty pounds in weight in sixty-three days, and remained free from that complaint for upwards of twenty years.

H. CALLOWAY,  
Of Franklin county.

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In 1826, I had a protracted attack of bilious fever, which left me in this condition. My stomach and bowels being much disordered, accompanied with great flatulency, gave me from 4 to 6 passages every 24 hours, and sometimes oftener; my stools mixed with blood more or less, and sometimes with matter very offensive. At length a tumor formed in lower intestine, about the size of a small walnut, attended with great heat and action, which ultimately broke, and I

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*itching*

occasionally discharged considerable quantities of blood and matter by stool. I then thought, and still think, that the whole rectum was much decreased, and that I should be compelled to submit to an operation, or fall a victim to the disease. In addition to my other sufferings, in the fall of 1831, I had a severe rheumatic attack, which pervaded my whole muscular system, but was most distressing about my breast, chest, bowels and hips. In this situation, about the first of July following, I went to the Hot Springs, barely able to sit up, and used the waters freely, drinking and bathing, until the 30th of August, when I left them much relieved in every way. The ensuing summer I again returned to the Hot Springs, and used the waters by drinking and bathing, until the last of August, when I returned home entirely relieved of bowel disease and nearly so of my rheumatism. I have again this summer visited these springs, where I have been for 3 weeks using the waters as before, and believe myself entirely relieved of all my complaints, except a little stiffness in my hips and back. The above statement is believed to be strictly correct, and if you think it will be of any service to you, or to sufferers in a similar situation, you may make any use of it that you may think proper.

Very respectfully, yours,

HENRY CALLOWAY.

To DR. GOODE.

Aug. 30th, 1834.

Hot Springs, Sept. 1838.

DR. GOODE:

Dear Sir,—The following communication is made at your request, to be disposed of as you may think proper.

In February, 1835, in Green county, Alabama, I was taken with a violent cold, which settled on my stomach and bowels, and finally terminated in a most distressing and painful chronic diarrhœa. My stomach digested scarcely anything; my food frequently passed off in a few hours, unaltered. Medicine afforded me no relief. In May, I visited the Sulphur Spring in Blunt county, Alabama—but the water aggravated my disease. I then, with much difficulty, went to Huntsville, and put myself under the direction of Dr. Wharton. I was so much improved under his care, by the month of October, that I was able to ride home in a sulkey. My situation was fluctuating, alternately, better and worse. In June I set out for the Virginia Springs. I used the water of the Red and White Sulphur Springs for several weeks, but they both disagreed with me; they irritated my stomach and bowels, and I got worse. I then came to the Hot Springs, and by your advice, commenced the use of the Spout Bath; on the third day I found myself evidently improved; the discharges from my bowels, which were light colored and watery when I arrived, had become nearly natural in consistence and appear-

ance, and I really believe I should have entirely recovered in ten days, if I had not eat some green peaches on the seventh day, which threw me back. On the tenth day, business compelled me to set out for home, and I was so much improved that I was able to perform the trip of more than 700 miles in 19 days, in a sulkey. After getting home, I exposed myself very much in the winter, took cold; my disease returned, and I soon became as bad as ever. I lingered through the winter and spring, and in June set out for the Hot Springs. I stopped at the White Sulphur and drank of the water, but it disagreed with me as before. I then came on to the Hot Springs, having from 10 to 12 discharges from my bowels in the 24 hours. I commenced with the Spout Bath, as before. In three days I found myself better. In two weeks my diarrhœa was entirely relieved, and I eat every thing with impunity. I remained at the Hot Springs about 6 weeks, and gained 30 lbs. in flesh; I then visited Lynchburg and Richmond, where I staid about 2 months, and on leaving for home, weighed again, and found that I had gained 56 lbs. from the time I arrived at the Hot Springs; and from that time to the present, have enjoyed good health, and can safely say that I owe it all to the Hot Springs.

I am, very respectfully,

J. M. YANCEY.

Hot Springs, Sept. 10th, 1837.

Sir,—More than three years since, I was taken with a severe dysentery, which was succeeded by what I should term a *mucous diarrhœa*. Since that time I have suffered an annual return of the dysentery each summer until the present; this year I have escaped this periodical attack, by passing my time in the mountains. I remained a week at the White Sulphur, without the slightest benefit, when I directed my course to the Red Sulphur, where I remained five weeks. My general health was greatly improved at this place, and at first I was cheered with hopes of a recovery, but I left the Red Sulphur with the diarrhœa in full force on me, and without any diminution of the mucous discharge although the bilious secretions were slightly improved. In that state, a state of unabated diarrhœa, I reached the Hot Springs seven days ago, and was persuaded to use the Spout-Bath. I applied the spout principally to the region of my liver and to my back; wonderful to relate, I felt *instantaneous and perfect relief*; the mucous discharge entirely ceased, which had not occurred previously in the whole course of my disease. Since the first day, I have felt no pain or uneasiness in the bowels, whereas, before, I was tortured night and day. So well do I feel, that I shall start for home to-morrow in fine spirits, and only regret that I had not sooner tried your Hot Springs. This is a short

and rapid sketch of my case, but I assure you it is a *faithful one*. I shall make no commentary, but will simply say that I consider my cure entirely and solely owing to the use of the Hot Spout.

ROBERT J. BRENT,  
Of Washington City, D. C.

To DR. GOODE.

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Hot Springs, Virginia, July 27th, 1838.

DR. THOMAS GOODE :

Dear Sir,—At your request, and for the benefit of the afflicted, I give you, as near as I can, a statement of my case, which has been complicated, and difficult to describe. I am a resident of Detroit, State of Michigan. In July, 1829, I was attacked with a bilious fever and severe inflammation of the stomach, and was reduced very low by bleeding and medicine. I remained in a feeble state about six months, when an ulcer came out on the side of my ankle, nearly the size of a dollar. This has continued, on one or the other, and sometimes on both my ankles, ever since, except about two months, in March and April last. My legs have been so much swelled, that I have been compelled to bandage them to the knee, most of the time.

About three years ago, a rheumatic disease set in, the cords of my legs swelled to the knees, and at times to the body, (mostly on the inside,)

with hard lumps on the cords, frequently as large as hickory-nuts, and extremely painful.

In this state I remained, hobbling about, confined to my room about one-fourth of the time, and had the advice and attendance of our most celebrated physicians, without much benefit, until about the 1st of January last, when it extended to my hips and back, and confined me to my bed; my bowels at the same time became swollen so that a dropsy was feared, with a soreness about the region of the stomach and liver. I also had the piles very badly, and ulcers continued to form and break in the rectum, and pass off with my stools, with a great deal of pain. In this condition I remained until about the 1st of May, when I was advised to try the Virginia Springs. I arrived at the White Sulphur Springs on the 8th of June, on crutches, with one foot and leg so much swollen that I feared it would burst. At the end of two weeks, was again able to ride, when I came to the Hot Springs, and put myself under your charge. For the first ten days after I commenced bathing, I got no relief; my pain rather increased. At this time there appeared to be a copious discharge of bile from the liver, and from that time my health has improved rapidly in every way. The rheumatic disease and piles are very nearly cured, the ulcers on my ancles assume a healthy appearance, and look as if they would soon heal. The swelling about the bowels has subsided, and the pain in my stomach and liver has

nearly left me. I would also state that 21 years ago, I divided the tendons of the left foot, by a cut with an axe, and when it healed, the cords seemed fast to the bone, and I have had little or no use of those toes since. The effect of these hot baths has been to remove that stiffness, and loosen the tendons, so that I can now move the toes quite well.

I have taken, in the five weeks that I have been here, 16 sweat and 20 spout-baths, and I now feel better than at any time in the last five or six years.

ELLIOT GRAY.

Hot Springs, Sept. 20th, 1838.

DR. THOMAS GOODE :

Sir,—For nearly three years I have been subject to frequent attacks of Jaundice, but more particularly during this year, 1838, when my liver became torpid and refused to perform its functions ; the biliary duct seemed to be closed ; my bowels became much disordered, and I had a confirmed chronic diarrhœa. I became very weak from the effects of medicine, and was unfit for business or society. By the advice of my physicians, I left Philadelphia on the 27th of June, for the Virginia Springs, and reached the Hot Springs early in July, much exhausted. I used the spout-bath for three days, and on the fourth, I took the sweat-bath, which reduced the number of discharges from my bowels to one a



day, and I felt better. I continued the sweat-bath for near three weeks, and my health appeared to improve from every bath. My appetite and strength increased rapidly, and my complexion, which was very sallow, became clear and healthy. I then went to the White Sulphur for two weeks, taking from 8 to 10 glasses of water, daily with evident benefit. I returned then to the Hot Springs, and took the sweat-bath nearly every day for two weeks, with a half wine-glass of a mixture of the extract of Taraxicum—when I found my health restored. I had gained 24 lbs. in flesh.

Yours respectfully,

D. KIRKPATRICK,  
Of Philadelphia.

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In March, 1832, I was attacked with a bilious pleurisy, which yielded to medical treatment, but my stomach and bowels were left in a bad state. In a short time my digestion was greatly impaired, and I had a confirmed diarrhœa, the discharges of a clay color. My food frequently passed off undigested, producing violent pain in the bowels and much feverish excitement. I determined to visit the Springs for the benefit of my health. I left home in August, and tried first the Sweet Springs, but they disagreed with me. I then went to the White Sulphur, and then to the Salt Sulphur, but they also disa-

greed, producing violent irritation and pain in my bowels, which put me to bed. So soon as I was able to travel, I went to the Hot Springs, and after bathing about 8 days, I was entirely relieved—my appetite became good, my food digested well, and I fattened and strengthened rapidly; and from that time to the present, 6 years ago, I have never had a diarrhœa.

WILLIAM TODD,

Of King and Queen.

Hot Springs, 5th Sept., 1838.

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I have been suffering from rheumatism for eight years or more, and my general health has been declining for the last two years. In May last, my digestion became much impaired, skin dry and hot, and my bowels greatly disordered, with from 6 to 8 discharges in the 24 hours, which weakened me so much, that when I reached the Hot Springs on the 16th of August, I was hardly able to walk. I commenced the use of the waters immediately, drinking and bathing in the spout-bath and boiler alternately, and on the 20th, my skin was in a good state; the heat had subsided, and my bowels were perfectly regular and healthy; up to this, 7th September, my appetite and digestion are both good, and I feel better in every respect, though my rheumatism is still troublesome.

ISAAC NEWMAN,

Of Somerset County, Maryland.

Hot Springs, 18th August, 1838.

In Sept. 1835, I was taken with a bilious intermitting fever, which continued at intervals in spite of remedies, until May, 1836, when my liver and spleen both became much enlarged, my appearance was bloated and dropsical, and my whole system deranged. I had a craving for food of the grossest kind, which could not be satisfied, and my bowels were so costive as to require the strongest purgatives to move them. I applied to our most skilful physicians for advice. I was leeches, cupped, blistered and salivated, took much medicine internally, but without benefit. I also tried the Saratoga Springs, but without effect. I continued the use of medicines until the 26th of June, 1838. I then visited the White Sulphur Spring and used the waters with the blue pill, for two weeks, but without the least benefit; they acted freely on my kidneys, and produced a white mucous discharge from my bowels, but no bile. I then came to the Hot Springs, and after bathing for three days, my liver began to discharge itself into my bowels, followed by frequent copious evacuations of ill-looking bilious matter, which sickened me very much, when I called in Dr. Goode, by whose advice I have been since governed.

The bath and medicine has reduced my liver almost entirely; the enlargement is barely perceptible. My spleen has diminished about one-third, and is much softened. The discharges from my bowels are nearly natural.

My general health is fast improving, and I know that I ought not to leave the place, but hope, with common prudence on my part, to become again a healthy man. The above statement is most freely made for the benefit of those who are suffering in the same way.

MORGAN A. PRICE.

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In the summer of 1836, I visited the Virginia Springs, with liver disease, as stated by many physicians. I used the Sulphur Waters for some time, but without any decided effect. I then came to the Hot Springs, and after using the spout bath a few days, the pain in the right side from a dull, increased to an acute, which induced me to apply to Dr. Goode for advice. He gave me 10 grains of calomel, which brought about a most happy change in my feelings and health; producing copious discharges of dark bilious matter, when forty grains, often before taken, produced but a limited effect. From the Hot Springs I returned to the White Sulphur, and the water then acted freely on my bowels.

JAMES L. COLEMAN, of Geo.

Hot Springs, 14th Aug., 1837.

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For the last fifteen or sixteen years, I have been much afflicted with an affection of the li-

ver ; passing through many stages of that disease, and consequent difficulties attending it. When arriving at this place, the organ was apparently in a torpid state, performing its office but imperfectly. After using the hot spout-bath for three or four days, my general strength increased, and from that time to the present (ten days since,) I have discovered a *gradual improvement in the secretions* of the liver, to *almost a healthy action*, with other general improvement of my health.

W. PALMER,

Of Pittsburgh, Pennsylvania.

Virginia Hot Springs, Aug. 10th, 1837.

In the summer of 1825, I became dyspeptic and continued so till the fall of 1835, when I became worse than usual. From that time till 1st August, 1836, I continued to decline, the liver being quite torpid, and the secretions morbid and scanty. On the 1st of August, I came to the White Sulphur Springs, (having been in the mountains about a month, principally at the Red and Salt Sulphur, but not using the water,) I there commenced taking blue mass, a grain and a half every night, in conjunction with the water, and continued them for twenty days, during which time I improved in strength and flesh and feelings. When the biliary secretions, having considerably improved, after the first ten days, I then came to the Hot Springs, and on the third

day, after using the spout for about 10 minutes each day, the evacuations from the bowels were quite healthy, and continued so for months, the bowels acting regularly once every day, with the use of two or three of Beckwith's pills, (a very mild aperient.) I staid at the Hot Springs but six days, and then travelled as far north as Philadelphia, and thence by the way of South Carolina to Mobile, where I spent the winter. I came again to the White Sulphur Springs, on the 13th of July, 1837, with a torpid liver, ~~condens-~~  
~~ed~~ by morbid or deficient secretions of bile, &c. Continued there 18 days, and came away manifestly injured. Within two days after using the spout-bath again, I felt better, and within one week, had gained three pounds in flesh, with much improved feelings. Within the last (second) week, I have not improved in flesh, but there has been a gradual improvement in the biliary secretion, which is now nearly healthy—bowels acting regularly, with the use of two of Beckwith's pills, and have tolerable appetite and digestion.

W. E. JOHNSON,  
 Of Columbia, South Carolina.

Mr. Johnson returned by the Hot Springs after an interval of 12 or 15 days, and made the following addition to the above :

The day I left the Hot Springs, I felt extremely unwell till evening, when I had a free and perfectly healthy bilious discharge from the bowels, which continued for several days, and I think

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it very probable, had I returned and continued the baths, would have brought on a regular healthy action of the liver.

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In 1837, after spending 3 weeks at the White and other Sulphur Springs, where I drank the waters, I visited the Hot Springs, and there took regularly two spout baths a day, from the 8th to the 18th September inclusive. My object was to get rid of a rheumatic pain above the right hip, occasioned by a fall the year previous. The second spout removed the pain from the hip to the shoulder, and the succeeding ones made it travel still more over my back; thus I suffered more that week than I ever had done before; but at the end of ten days, I left the springs entirely free from pain.

The 2d and 3d spouts produced likewise a most extraordinary effect on the liver, a copious yellow evacuation, such as I never witnessed in my life.

In 1838, I spent a week at the spout, in order to see whether it would produce the same discharge; but it had no longer the same effect.

H. DAVRAINVILLE,  
Of Philadelphia.

Hot Springs, 1st Sept. 1838.

Hot Springs, August, 1837.

TO DR. GOODE :

Dear Sir,—I give you the following statement of my case. About 10 years ago I became dyspeptic, and was unwell in the usual way, when at length I became much worse; almost every thing taken into the stomach produced pain, and frequently violent spasms, which threatened death. I experienced no relief except when under the influence of calomel. Tiring of which, after suffering for about two years, I determined to try the Sulphur Waters. I commenced at the White Sulphur, but the water disagreed with me, and I then went to the Salt Sulphur, understanding that the water there was more purgative; for you must know that my bowels were invariably constipated. After using the water for two days, I had a violent attack of spasm, which was relieved by a hot bath. I then came immediately to the Hot Springs—my stomach was so much debilitated, that I was compelled to live exclusively on milk and mush, and the like bland food. The first meal I took at the Hot Springs was milk and mush, which brought on pain, threatening spasm. I went immediately into the spout bath, and from that day to this, I have been entirely exempt from the disease. I bathed every day, sometimes twice, and in a few days I was enabled to eat of every thing at the table, including dessert of all kinds.

WILLIAMS CARTER,  
Of Hanover.



Hot Springs, August, 1837.

Dear Sir,—In compliance with your request, I hand you the following statement of my case :

I have been laboring under a disease of my liver for more than four years, attended with dyspeptic symptoms of the most distressing kind. I have had almost constant pain in my head, back, right side and shoulder blade ; at the pit of my stomach and in my bowels, which have been so constipated as to compel me to take some opening medicine nearly every day. I was confined the most of last winter to my room, and was reduced almost to a skeleton. I derived no benefit whatever from medicine. I finally determined to try the Sulphur Waters of Virginia ; after using the sulphur waters for more than six weeks, I found myself rather worse, and started for home ; but was induced, by the advice of Dr. Smith of S. Carolina, to make trial of these waters. I had no faith in them, and to my great surprise, the very first bath helped me. On the third day my bowels were moved by the effects of the water alone, and they have been moved sufficiently every day since, without the aid of medicine, with discharges of bile, which has not been the case for the last four years.

I have been here thirteen days, have taken 25 spout-baths, and have mended every day ; my digestion is good, and I am entirely free from pain, and hope my disease is removed. I would

stay longer, but business calls me away. Should my disease return, I shall know where to seek relief.

Very respectfully,

C. CARLTON,  
231 Pearl Street, New York.

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During the summer of 1827, I was attacked with violent pains in the region of the stomach and liver, proceeding, as was afterwards ascertained, from calculi in the biliary duct. At a succeeding period I discharged several of these calculi, which, together with other facts, clearly indicated the seat and nature of my disease. It was said by my physicians, that mine was a case in which there was great doubt of a final recovery, owing to the frequency and violence of the attack. Each attack was attended with the usual symptoms, and jaundice invariably supervened. I visited the White Sulphur Spring in August, 1828, and was much improved; so much so, as to suppose, at the time, that I was entirely relieved.

On my return home, however, the attacks returned with the same violence, but not so frequently. I re-visited the White Sulphur Spring in 1829, with the same good effect as to my general health as in 1828. The disease still continuing, I visited the White Sulphur again in 1830, with the same result as to my general health; and after remaining there about three

weeks, I went to the Hot Springs, and used for eight or ten days the Spout Bath, and have never had a similar attack since. I believe myself entirely free from the disease under which I then labored, by close attention to my general health, the use of the water at the White Sulphur, and the Spout Bath at the Hot Springs.

J. L. WILKINS, Jr.

Of Brunswick County.

Hot Springs, 19th August, 1837.

TO DR. GOODE.

For more than three years past, I have been afflicted with a diseased liver. I have used the sulphur waters for some time, but without any permanent effect. I have been here only 10 days, and when I arrived, this was my condition: pain in my right side and left shoulder incessantly; my stomach greatly distended, my spleen very much enlarged, and my digestive powers almost destroyed. I have used the Spout Bath freely during my short stay, and this is the effect: the pain in my side and shoulder has nearly subsided, my stomach is reduced to its natural size, my spleen is considerably reduced, and my digestion much improved. The benefit I have received is great and I trust substantial. Regretting that business calls me away thus early, and grateful for your kind attentions,

I am your ob't serv't,

E. L. DARGON, of Alabama.

Baltimore, 12th February, 1839.

Dear Sir,—In compliance with your request, I transmit you an account of my case. In the latter part of 1836, I had a violent attack of Cholera Pictonum and White Lead disease; which, in despite of the most energetic treatment, terminated in a Paralysis of my arms and hands, which deprived me almost entirely of the use of them, with great emaciation and general debility and prostration.

All remedies failing, my medical advisers recommended a visit to the Virginia Springs. Thither I repaired in June, 1837, and passed two weeks at the White Sulphur Spring, but without any evident effect from the use of the waters. At the end of two weeks, I removed to the Hot Springs, and commenced the use of the Spout Bath immediately. In a few days there was evident improvement in my condition, and after six weeks (using the Spout Bath every day,) I found the use of my hands and arms and my general health perfectly restored. The use of my hands and arms has never failed me since, nor does there appear to be a vestige of the disease in my system. My friends and myself attribute my recovery entirely to the use of the waters at the Hot Springs.

Very respectfully and truly yours,

CHARLES S. LEWIS.

Lynchburg, February 5th, 1839.

Dear Sir,—I received on yesterday your message from our mutual friend, Mr. Seth Ward. It affords me pleasure to comply.

In the years 1828 and '29, my daughter had a severe, protracted and complicated illness. The whole of one side became greatly paralyzed and so continued for about fifteen months. In the season of 1829, we took her to the Hot Springs: she used the bath between three and four weeks. During the latter part of the visit, she was enabled to move the toes in a small degree. Under the direction of her physician, Dr. G. A. Rose, she gradually improved, but remained unable to walk alone. The next season, A. D. 1830, we took her again to the Hot Springs. By the use of the bath she soon became able to walk; her general health gradually improved. She is now healthy and active.

Yours most respectfully,

WM. S. REID.

To DR. GOODE.

Halifax, 4th February, 1839.

Dear Sir,—Owing to imprudent exposure, I became, some time in February, completely prostrated by a violent attack of Rheumatism, each limb and every joint being more or less affected. Though the spine and muscles of the right leg,

seemed to be the principal seat of the disease; this limb was very much drawn up and evidently shrinking away; and for several months I could only hobble about the house on crutches, and even this was painful. After applying many remedies without benefit, I was fast reconciling myself to the idea of being lame for life; when by the advice of physicians, I started for the Hot Springs. On reaching the Springs, I walked with difficulty and pain; but after the second trial of the boiler, there was evident improvement; after this it was rapid, and in five weeks after reaching the Hot Springs, (as I thought a cripple for life,) I found myself restored to a sound and healthy condition; this happy result being brought about by the free use of the Hot Spring *Baths*, which when used prudently, will ever prove that they are fully entitled to the high reputation which they have acquired.

I remain your friend, sincerely, &c.

THOMAS G. COLEMAN.

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Hot Springs, August 8th, 1838.

DR. T. GOODE:

Dear Sir,—I give you a short statement of my case.

In 1826 or '7, I experienced a severe attack of Bilious Fever, which reduced me very low. I

was scarce able to leave my bed ; when the fever was succeeded by a violent attack of inflammatory rheumatism, from which I recovered in about two months. In February, 1835, after a slight bilious attack, the rheumatism returned in a chronic form, and reduced me to a state of helplessness. All hope of recovery was deemed idle, my constitution being very weak. I left home for the White Sulphur in June following, remained there two weeks, and left with a severe cold that augmented my disease.

I remained here near or quite a month, taking the spout and boiler baths alternately, and entirely recovered. I have not had the slightest return of the disease since.

Yours, &c.

WM. M. DARLINGTON,  
Of Pittsburgh.

Stubenville, 20th November, 1838.

Dear Sir,—Annexed is a concise statement of my case.

For several years my health had been bad. I had suffered much from a rheumatic affection of the muscles of my back, which was always severe in cold weather, and which induced me to spend some winters past, in New Orleans. About three years ago, after an unusual exposure, I felt that my disease was transferred to my head. A dizziness approaching to blind-

ness came on, and at times I suffered an indescribable sense of weight or heaviness on the brain, and almost wholly lost my hearing in one ear. These unpleasant complaints continually increased. In the meantime, I followed rigidly the advice of physicians. I lived abstemiously, was frequently bled, and cupped, and had cold water and ice applied to my head, which produced only temporary relief. At one time I used the Blue Pill, until my gums became a little tender, and felt decidedly better under its influence. But the disease still remained, depressing my spirits, and impairing all the enjoyments of life. At two different times, the distress in my head was so great, as almost to deprive me of consciousness, until I was bled. Early last summer all these symptoms had assumed a more fixed and threatening character than at any former period, when I determined to visit the Virginia Hot Springs, where I arrived in August. I used the waters in the customary way, permitting the spout to fall directly on the ear of which I had lost the hearing, and over the head generally. I experienced immediate good effect, and before I left the Hot Springs, where I remained about three weeks, I recovered my hearing entirely, and also felt perfect relief in my head. This relief has continued up to this time. I find no inconvenience whatever to follow from the use of my ordinary diet, and can truly say



that I have not felt so entirely in good health for many years.

Very respectfully, your ob't serv't,

MARTIN ANDREWS.

TO DR. THOMAS GOODE.

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"I took a severe cold in March, 1835, which settled mainly in my head, and after a few days I became so deaf, I was unable to hear or distinguish a word of common conversation. I could not hear my watch at all with the left ear, and very indistinctly with the right. Both my ears felt as if filled with water, and each step I took in walking, produced a sort of muffled sounding in them, as of forcing out water. I remained in this situation 4 or 5 weeks, when I placed myself under the care of a physician, and remained under his treatment for about 2 months. My right ear recovered considerably in this time, but it never had been so dull as the left. I could just hear the watch with the left ear for about 4 or 5 days of the said time, when I took cold and could not hear it afterwards.

"I arrived at the Hot Springs on the 16th of August, and after 4 or 5 baths, holding the back of my head under the spout the greater part of the time I was in the bath, I could hear my watch with my left ear, which I had not done, (except for 4 or 5 days as I have stated,) since I was first taken. I think the right ear improved

also ; but in the course of 3 or 4 days, there was a considerable change in the air and I took cold, which so muffled up my head and hearing that I could not hear my watch with the left ear at all. I remained at the Hot Springs about 10 days, without any further change or alteration, and then proceeded to the White Sulphur, where I remained 9 or 10 days ; then proceeded to the Salt Sulphur ; thence to the Sweet Springs ; and on the 12th of September, I returned again to the Hot Springs. I was not conscious of any improvement in my hearing at any time in the course of my visits to those springs ; but on the contrary, I took cold frequently, and think my head and hearing were more muffled on the 12th September, when I returned to the Hot, than at any time after my arrival at the mountains. I could not hear my watch with the left ear at all ; the muffled sounding was increased, and when I closed the right ear, I was scarcely able to hear even the rumbling of the carriage in which I travelled. In about 3 days after my arrival at the Hot Springs the second time, I could hear my watch with my left ear again, and it continued to improve until I could hear as plainly and as distinctly with it, as with my right ear, and both, I think, were improving, when I took leave of the Hot Springs on the 28th of September, after a residence of 16 days. The muffled sound and seeming of water in my ears, had left me entirely."

The above statement was presented by a gen-

tleman from Fredericktown in Maryland, who does not wish publicity given to his name. He was at the Hot Springs in August following, and informed me that his hearing had continued perfectly good.

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Dear Sir,—In accordance with your request, I send you a statement of the effect of the Hot Springs bath in my case. After a severe spell of fever, I was attacked with acute pains in one arm, leg and foot, succeeded by hard, indolent swellings, which took away the use of the affected limbs, and confined me to my room for several months. I was under medical treatment during the whole time, but all the remedies used, failed. I went to the Hot Springs and used the bath for 2 or 3 weeks; when the swelling suppurated, they discharged freely, and I gradually recovered the use of my limbs.

Since that period, my health has been better than usual, and I attribute all to the Hot Bath.

Yours, &c. WM. CHAPMAN.

Waynesboro', Oct. 31st, 1838.

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Hot Springs, 19th Sept, 1836.

DR. THOMAS GOODE.

Dear Sir:—At your request, I give you a history of my disease. In the year 1826, I was taken with a violent cold, which deprived me of the power of uttering a word above a

whisper. The tonsils, epiglottis and end of the windpipe were considerably inflamed and swollen, especially in cold, damp weather.

In the year 1827 I visited the Red, Salt and White Sulphur Springs, which improved my general health. In 1828 I came to the Hot Springs, and took forty-two sweat baths in succession, and occasionally the Spout Bath, using at the same time Swaim's Panacæa, as directed by him. My general health was greatly improved, and my voice so much strengthened as to enable me to converse in the ordinary tone of common conversation. I remained at the Hot Springs fifty-seven days, and gained twenty-two pounds in weight. Whilst bathing, I used no animal food at all.

Very respectfully yours,  
W. FOUNTAIN, of Fluvanna Co. Va.

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Tarboro', N. C. Sept 10, 1833.

The following communication is made to Dr. Goode, the present proprietor of the Hot Springs in Virginia, to be published, if he thinks proper, for the benefit of the afflicted. For six or eight years prior to the winter of 1828, I was more or less afflicted with severe pains in my joints, elbows, shoulders and back; and about the 25th of December, 1828, I was completely prostrated with a severe attack of chronic rheumatism in

almost every joint in my system, which rendered me entirely helpless. I could neither dress nor undress, turn myself in bed, nor assist myself in any way, for the space of six months. On the 4th of July following, for the first time, I ventured out of the house, and with the aid of a stick in each hand, I walked about two hundred yards. I continued very weak until the spring of 1830, when, as the warm weather set in, my pains abated a little. Shortly after, by the advice of my friends, I set out for the Hot Springs in Virginia, where I arrived early in July, and remained until sometime in September, during which time I was in the Hot Bath forty-five times, and while under the operation of sweating, my pains returned to such a degree that I could not raise my head. Some of the visitors who had been there before, told me it was a sure sign I should get well, and so it turned out; for after having left the Springs a few weeks, my pains gradually left me; and with the exception of a very slight attack in my left ankle last winter, I have been entirely free from pain since my return from the Springs in 1830; and am now at home in good health, following my usual business.

W. CROCKET.

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Hot Springs, 28th August, 1833.

In the month of December, 1827, I was attacked, as I supposed, with a severe toothache,

and in a few days, had the tooth extracted, but it afforded me no relief. In a day or two afterwards it was discovered that I had a bilious fever; my jaws swelled so as to threaten suffocation; one entire side of my jaw-bone burst as low down as the teeth went in, and the bone was extracted. The outer side of my jaw formed an abscess on the outside, from which several pieces of bone were extracted; this abscess connected itself with the other diseased side, so that when any liquid was injected in on the outside abscess, it came out on the opposite side in my mouth. I was then taken with severe pains in my back, which continued for several weeks; they then fell into my extremities and deprived me entirely of the use of them. The pain was so severe, that at one time it seemed like my feet were on red-hot iron, and at another, they felt as if they were pierced through with icicles. My shoulders, arms and hands were but little better; they swelled largely with but little mitigation of pain; my legs, ankles and feet had strong indications of dropsy; when pressed, would pet, and remain so for a length of time.

In this situation I was carried, in July, 1828, to the Hot Springs, in Bath county, in Virginia, as helpless as an infant, and commenced using the waters, by being held under what is called the Spout Bath, which produced no change for the better. I was then put into what is called the boiler, and after using it about one week, my hands, though much contracted, began to

have their natural feeling, and, in five weeks, my arms and shoulders were entirely well; my back, legs and feet did not mend so fast, but were much relieved. When I left the Spring, about September, I could set up and move my feet and legs about, but could neither stand nor walk; nor could I do so until the 1st of November, when I could move about on crutches. I continued to mend slowly until the next August, when I again visited the same Springs, and used the boiler for about a month, which restored me to almost perfect health. In the spring of 1831, I visited the states of Ohio, Kentucky and Tennessee, and was on horseback for near ten weeks, and frequently wet, without injury. In July, 1832, I was, when very hot, overtaken by a heavy fall of rain, and got very wet, which caused my former disease, with all its symptoms, to return partially upon me. I have now been at the Hot Springs, using the boiler for about a month, and which has again almost entirely relieved me. I am a native of Bedford county, Virginia, where I now reside, and am forty-seven years of age.

B. PRESTON.

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Hot Springs, 7th August, 1833.

DR. GOODE:

Sir—The case of rheumatism which you desired the particulars of, was that of Mr. J——

C——, of Charleston, S. C., aged eighteen years. He had been severely afflicted for some time before he was put under my protection, which was on the 17th day of June, when we left Charleston for the Virginia Springs. We arrived at the White Sulphur on the 28th of June, and remained there until the 9th of July, taking from eight to ten tumblers of the water daily. On the 9th of July we reached the Hot Springs, and on the 10th he commenced with the baths, taking the Spout Bath one day and the Sweat Bath the next day, alternately, until the 22d of September. From the time Mr. C. left Charleston, until he arrived at the White Sulphur, he was as helpless as a child, unable to dress or undress himself, and was carried in arms or a chair, whenever it was necessary to remove him. Three or four days before he left the White Sulphur, he was able to hobble a short distance with the aid of a pair of crutches, and in two weeks after taking the baths at the Hot Springs, he could walk about *without* them. He arrived in Charleston about the latter end of September; during a heavy blow, assisted in furling the topsail of a schooner, in which he was a cabin passenger. I left Mr. C. in good health on the 6th of July last, on the wharf in Charleston, when I embarked on my present excursion.

I am, respectfully, your obedient servant,  
J. LOCKWOOD.



Philadelphia, 23d Feb. 1834.

In the year 1826 I contracted a very bad cold, by sitting for several months in a room, which had been recently plastered upon very thick walls. The cold at first fell upon my breast, and was attended with a cough. After some time, the cough subsided, and I was seized suddenly with a pain in the right arm. In a few days the pain became very violent; it was seated principally in the shoulder blade, but extended likewise from the shoulder down to the points of the fingers. The best medical aid was resorted to, but there was no alleviation of the pain, not even for a minute. In this situation I got little or no sleep; the agony was so much increased by lying in bed, that the only rest obtained, was by lying with my clothes on, across the foot of the bed, with the affected arm hanging down. In this situation, exhausted nature would sink into a doze, out of which I was soon again awakened by the pain. The arm dwindled away, my appetite failed, and my general health was fast declining. Reduced to this state, I determined to try the Hot Springs in Virginia. With difficulty I was taken there, and had no reason to repent of my determination. I took forty hot baths, using the blankets each time. At the end of two months I returned home, so much altered in appearance, that I was the object of astonishment to those who had seen me previous to

my departure; and in another month I was perfectly restored to health.

P. A. RBOWN.

TO DR. GOODE,  
Hot Springs, Bath Co, Va.

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In December, 1835, Mr. Tendall of Philadelphia, slightly fractured a muscle of his right arm, just below the elbow. He continued to use the arm until February, 1836, when he contracted a rheumatism, which seized upon the injured part of the right arm, which swelled to double its natural size, and became black, and almost as hard as bone. He took the best medical advice, and the usual remedies for rheumatism for the space of two months, and grew worse.

He suffered acute pain, and lost his rest at night, and almost despaired of ever recovering the use of his arm.

His general health was much injured by unremitting pain and loss of rest.

In May, 1836, he travelled through the Western States, and stopped at the Hot Springs on his return. His right arm was entirely useless. He took the Spout Bath daily for a week, and was enabled to resume the use of his arm, so as to dress without assistance, and became free from pain. He afterwards took the Spout and Sweat Baths, alternately, one a day, for six

weeks, and recovered with the most astonishing rapidity, gaining daily accessions of health and strength; and now (March, 1837,) the use of his arm is entirely restored, and the swelling has almost disappeared. He drank five or six glasses of the water daily.

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Col. W. C. of Franklin county, was affected with a functional derangement of the liver; loss of tone in the stomach and bowels; and had been obliged to resort to a daily injection for more than a year. His weight was reduced from 280 to 130 lbs. In August, 1834, he came to the Hot Springs and used the baths for six weeks, when he went away much improved in health. He returned again in October 1835, weighing 230 lbs.; his stomach and bowels having resumed their natural functions, and his usual health being restored.

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There are several facts disclosed in these cases, which are entitled to the special considerations of the *invalid*; as they prove the fallacy of that popular belief, by which many of them are influenced, to wit—that a course of Sulphur Water is an essential preparative for the use of

these, and that 2 weeks is long enough to test their efficacy. In 12 cases the patients came directly to the Hot Springs, and were relieved without the previous use or aid of Sulphur Water, and in all the rest but three, the result was either *no benefit* or *positive injury* from the Sulphur Water.

The time spent here by most of them, was from two to eight weeks, and three of them persevered for the greater part of two seasons, and were perfectly cured. One was Mr. Henry Calloway, then over 60 years of age, and his disease complicated and of six years standing. Most of these cases had long baffled the best efforts of the healing art, and the sufferers reached here in the last extremity. A more timely resort, would, no doubt, have saved in many of them, years of sufferance.

These waters have proved highly efficacious in several other diseases, not easily controlled by medicine.

Mrs. Abigail Mayo of Richmond, has authorised me to state, that about 20 years ago, a lady under her direction, much afflicted with a painful nervous affection of one side of her face, pronounced by her physicians to be *Tic Dolo-*

reux, was entirely relieved here in a few weeks, and that the disease has never returned.

There are several well authenticated cases of radical cure of gout. Mr. Dawson, formerly a member of Congress from Virginia, after years of affliction with this disease, was perfectly cured here in a part of one season; the disease never returned on him. My information is derived from gentlemen of the highest respectability, who knew Mr. Dawson before and after his visit to these Springs. Mr. Bernard of Port Royal, who was here in 1834, informed me that he was at one time severely afflicted with the gout—that he was entirely relieved by those baths, and remained free from every symptom of the disease for more than five years.

In 1812, Mr. John Hobson of Richmond, was cured of a long standing gout, aggravated by a most distressing chronic diarrhœa. He visited the Springs in August last, in good health, having enjoyed perfect freedom from both diseases for 26 years.

Several cases of suppressed menstruation, which came under my immediate notice, were relieved by the use of these baths; one in a married lady over 30 years old, and the mother of several children. In painful, diminished and

suppressed menstruation, they are not surpassed by any remedy in nature.

It is by no means intended to decoy any invalid to the Hot Springs ; they are not held up as a panacea, but on the contrary as highly injurious, when improperly resorted to, and should not be tampered with.

THE

INVALID'S GUIDE

TO THE

VIRGINIA HOT SPRINGS:

CONTAINING

AN ACCOUNT OF THE MEDICAL PROPERTIES OF  
THESE WATERS,

WITH CASES

ILLUSTRATIVE OF THEIR EFFECTS.

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COLLECTED AND PUBLISHED BY

THOMAS GOODE, M. D.,

THE PRESENT PROPRIETOR

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